

Senior Lifestyles

Volume XXXIII No. 21

September 2015

Artimus Pyle Band

The Ultimate Tribute to Ronnie Van Zant's Lynyrd Skynyrd
Live at MPCC Nov 5th
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Foundation Board News

The Foundation Board extends a sincere THANK YOU to all those who supported the Sweet Summer Nights Dance on August 7. It was a fantastic evening, and all proceeds from the ticket sales are designated for the Christmas Box fund. If you missed the dance, but would like to support the Christmas Box fund, here are some other options:

- 1. Give a monetary gift to the Johnson City Senior Center Foundation and designate it for "Christmas Boxes."
- 2. Purchase a ticket to the Artimus Pyle concert on November 5. General admission tickets are \$25 each. VIP tickets, which include a private pre-concert dinner with the band and front row reserved seating, are \$125 each; only 25 VIP tickets will be sold.

The Foundation Board is also sponsoring its annual golf tournament at Buffalo Valley Golf Course on Friday, October 9. Board members are currently looking for sponsors and players.

Are you aware of the many different Senior Services activities that are supported financially by the Foundation? Thanks to your generous giving to the Foundation, the Board provides: one-third of the funding for the services of the Community Health Activities Coordinator (a

registered nurse) at the Center; funding for a fellowship program for low-income seniors; and matching funds for an ABC grant to support arts programming at the Center. The Board is also providing two charter buses for day trips to Virginia and North Carolina this fall.

Senior Services is fortunate to have a vibrant and active Foundation Board – please show your gratitude through your enthusiastic support!

Congregate Meal Lunches

The Congregate Meal lunches which are administered by the First Tennessee Human Resource Agency at MPCC have been very successful. In order to control food costs associated with this program, we ask that you adhere to the following guidelines:

- Cost: \$2.00** suggested donation (60 years old and older) **\$5.81** mandatory for those under 60 years of age
- Reservations to be made 2 days in advance, sheets located in entry to dining area
 - Only those with reservations guaranteed a meal, all others are first come, first served.
 - Meals will be served at 12 Mon-Friday
 - Any clients that have not arrived by 12:15



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may not receive a meal, as we must serve the waiting list at that time. If you cannot arrive by 12:15, but will be there, please notify Charles Love by 11:30am: 423-434-5723.

The Congregate Meals program is made possible through Federal Funding under the Title III Older Americans Act.

MEALSONWHEELS association of america				
FTHRA NUTRITION				
MENU FOR SEPTEMBER 2015				
Meal site _____				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Soup Beans w/Onions ¾ cup Oven Browned Potatoes Spinach Carrot & Raisin Salad Fruited Jell-O Cornbread	2. Turkey/Cheese Slices Green Peas w/Pearl Onions Herb Sweet Potatoes Lettuce/Tomato Mandarin Oranges WW Bread (2)	3. Roast Chicken Breast Dressing Green Beans Creamsicle Salad Cucumber & Tomato Slices WW Roll	4. Hamburger Potato Wedges Baked Beans Lettuce/Tomato/Onion Tropical Fruit Salad WW Bun & Mayonnaise
7. CLOSED LABOR DAY HOLIDAY 	8. Smothered Pork Cutlet Mixed Vegetables Mashed Redskin Potatoes Sugar Cookie Biscuit	9. Chicken Philly w/Cheese Peppers & Onions Potato Wedges Broccoli Salad Pear Halves WW Bun	10. Baked Ziti ¾ cup Brussel Sprouts Baked Apples Tossed Salad w/ Ranch Dressing Texas Toast	11. Breaded Fish w/Tartar Sauce Potatoes O'Brien Corn Coleslaw Pineapple Tidbits WW Bun
14. Meatloaf Mashed Potatoes Green Beans Tropical Fruit Salad WW Roll	15. Baked Ham Cabbage Macaroni & Cheese Peaches Cornbread	16. Teriyaki Chicken Oriental Vegetables Rice Marinated Cucumber Salad Mandarin Oranges WW Roll	17. Soup Beans w/Onions ¾ cup Mixed Greens Roasted Redskin Potatoes Coleslaw Cornbread	18. Turkey w/Gravy Brussel Sprouts Potatoes Au Gratin Banana Pudding w/wafers Biscuit
21. Citrus Chicken Rice Pilaf Mixed Vegetables Vanilla Yogurt WW Roll	22. Taco Salad Fiesta Corn Spanish Rice Shredded Lettuce/Tomatoes Salsa/Cheese/Sour Cream Tortilla Chips	23. Chuckwagon Sandwich Baked Beans Potato Wedges Lettuce/Tomato Pineapple Tidbits WW Bun	24. Chicken Breast Whipped Sweet Potatoes Lima Beans Coleslaw Apple Crisp WW Roll	25. Roast Beef Sandwich Broccoli Tomato Bisque Lettuce/Tomato Ambrosia WW Bun
28. Beef Stroganoff w/Noodles ¾ cup Green Peas w/Pearl Onions Tossed Salad w/ Ranch Dressing Fruit Punch Texas Toast	29. Soup Beans w/Onions ¾ cup Turnip Greens Mashed Potatoes Coleslaw Fruit Salad Cornbread	30. Roast Pork w/gravy Dressing Baked Apples Orange Gelatin Biscuit		
2% MILK AND MARGARINE ARE INCLUDED WITH EACH MEAL/ ALL SERVINGS ARE 1/2CUP OR 1 PORTION UNLESS INDICATED OTHERWISE /ALL ENTREES ARE 3 OZ./MENU MAY CHANGE DUE TO SNOW SCHEDULE, EQUIPMENT BREAKDOWN OR FOOD AVAILABILITY. / COORDINATORS-RECORD SERVING TEMPERATURES BESIDE APPROPRIATE ITEMS//				

Hip Hikers

Hip Hikers to Lost Cove

Thursday, September 3 at 8:00am
Cost: Free • Challenging level
(Carpool Event) Meet at Center
Bring your own lunch
Reserve by September 3

Hip Hikers to Warrior's Path State Park

Thursday, September 10 at 8:00am
Cost: \$3.00 • Challenging level
(Carpool Event) Meet at Center
Bring your own lunch
Reserve by September 10

Hip Hikers to Bark Lake

Thursday, September 24 at 8:00am
Cost: Free • Challenging level
(Carpool Event) Meet at Center
Bring your own lunch
Reserve by September 24



Hip Hikers on the Appalachian Trail



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- Physical, Speech and Occupational

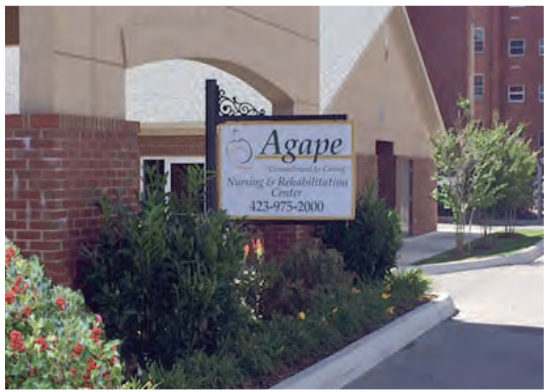
Therapy Services:

- Restorative Program
- Pharmacy Services
- On-Call Mental Health Services
- Registered Dietician Services
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- Beauty and Barber Shop Services • Laundry Services • Group Outings
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Christopher A. Burks, Au.D. Russell J. Fankhouser, Au.D. Sherry Ayers, Office Manager



Appalachian
Hearing and Speech
Center

Lifelong Learning

AARP Drivers Safety Class

Wednesday and Thursday, September 23 and 24, from 9:00am to 1:00pm

Some of the topics the class will cover:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, antilock brakes and new technology found in cars today
- Ways to monitor your own and others' driving skills and capabilities
- The effects of medications on driving (Source: AARP) and more.

Cost: \$15 for AARP members, \$20 for non-members, please pre-register.

Beginning Sign Language Class

Instructor: Carol Harmon

6 week series on Tuesdays, beginning September 15, 6:00pm-7:30pm

Cost: \$30 (this includes materials) Must pre-register and pre-pay by September 14 to ensure adequate class materials for each participant.

Signing is a useful skill that can open up for you a new world of relationships and understanding. Learning sign can enable you to communicate using your hands and facial expressions with people ranging in age from babies to adults. Plus, it is great brain stimulation!

German Conversation Group

Thursdays, 9:30am

Join us if you know German, would like to brush up on your speaking and reading skills of the language.

Alliance for Continued Learning

ETSU (ACL) is a nonprofit organization that promotes continued learning in adults. ACL meets at MPCC from 10 - Noon every Tuesday and Wednesday for 6 weeks beginning on Tuesday, September 22 and ending on Wednesday, October 28, 2015. The programs this session include: Dr. John Martin, Deborah Montanti, 4 professors from ETSU (Dr. Scott Champney, Dr. John Rankin, Dr. Brian Maxson and Dr. Andrew Slap), Dr. Donald Hudson from King University, photographer Jeffrey Stoner and Pete Lodol from Eastman Chemical. Two field trips are planned - one to the Jonesborough Storytelling Center to enjoy Donald Davis and the other to visit the Butler Museum and Watauga Lake Winery. The first meeting on Tuesday, September 22 will be a Welcome from Dr. Roberta Herrin and a Continental Breakfast. The session cost is reasonable for the 12 dates (10 meetings at MPCC and 2 field trips). Call 423-439-8044, www.acljc.org or get an ACL brochure at the MPCC reception desk for more information and cost.

We are looking for a foreign language instructor, call 434-6229, if you are interested or know someone that is.

A Reminder from Tennessee Senior Medicare Patrol (SMP)

Identity thieves can open accounts in your name from personal information on bills and junk mail. Promptly remove mail from your mailbox.

Travel Round the World (Mercy Ship)

Monday, September 28, 10:30am

Join us to see and hear what Linda Christiansen, RN, was doing in Toamasina, Madagascar this past winter. She will share her volunteer experiences with Mercy Ships, a floating hospital that is serving the world's forgotten poor. She has many stories and pictures to tell about the life and people of Madagascar and life aboard 'the Africa Mercy.' This is a must see! Please pre-register.

Second Time Around Series (Support Group)

Monday, September 21, 10:00am - 11:00am

Calling all Grandparents raising Grandchildren; join us for an informal support group, share you concerns, ask questions, get information and more. Snacks/refreshments provided. Please register, free.

Behold the Bat

Monday, September 14, 10:30am

Join Connie Deegan for a fun and informative program on bats. Just in time to get you in the mood for Halloween. Bats are an incredible, but very misunderstood animal that we have in Tennessee. Learn of their benefits and struggles. Get the dos and don'ts of attracting them to your property with a bat house. Please pre-register.

Conversational Spanish

Instructor: Alberto Ceffalo • Tuesdays, 3:00pm. Starts in October

If you have some knowledge of Spanish, would like to learn more, or refresh your speaking skills, join our new instructor. Mr. Ceffalo was a language instructor at ETSU, Milligan and NE State. Please register. FREE.



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Outings

Dixie Diners

Cootie Brown's (2715 North Roan St., Johnson City)

Thursday, September 10 at 5:00pm • Sign up by September 8

There are many choices for salads, sandwiches, tamales, pizza and great pies! Cootie Brown's is the fun place to go, bring a friend and try a new kind of pizza!

JCSC Seniors on the Go

The Travel Team is busy planning an exciting array of trips for 2016! Some of the places we'll visit include England, Maine, Washington DC, and Alaska! Plans are being finalized. Visit with us at the Let's Go Travel Show on **Saturday, October 17** for all of the exciting details. We have a full bus departing on September 30 for Boston. The Meet and Greet for registered travelers will be **Thursday, September 17 at 3:00pm** in the dining room at Memorial Park Community Center.

Here are some tips for smooth travels:

- Have your luggage tags filled out and attached when you arrive.
- Put necessary items in your carry-on (medication, etc.); other handy items include pen, notepad, book or magazine, hand sanitizer, tissues, sunglasses, hat, poncho or light rain jacket.
- Be on time!
- Leave a copy of your itinerary, travel insurance plan, credit cards, and identification with a family member while you are traveling.
- Be considerate of other passengers who may have allergies and use cologne or perfume sparingly, if at all.
- Bring some small bills for tips.
- The unexpected will happen - Relax and have fun!

Dixie Stampede (Senior Day)

Tuesday, September 22nd • Leave MPCC at 9am • Cost: \$35

Includes show, meal and transportation. Health & Wellness Fair, Dixie Belle Saloon Show, Dixie Stampede Show & Meal.

Limited seats, no refunds.

Appalachian Alpacas Tour

Saturday, September 26th • Leave MPCC at 12:45 • Cost: \$3

Want to go check out the National Alpaca Farm Days? Enjoy a fun afternoon of learning about this fascinating animal, tour, goods to buy and more. Alpaca fiber is used for making knitted and woven items, similar to wool. These items include blankets, sweaters, hats, gloves, scarves and more. If you are a knitter, weaver, or into learning more about Alpacas then come and join us. Must register by noon on September 25th.

The 'Pump Boys and Dinettes'

Flat Rock Playhouse • Thursday, October 1st

Cost: \$37.00 • Leave MPCC at 10am

Chartered bus, lunch on your own before the show. Somewhere between Frog Level and Smyrna, North Carolina, way down on Highway 57, the 'Pump Boys' sell high-octane gasoline, while the 'Dinettes' serve up plenty of pie and sass at the Double Cupp diner next door. Come sit a spell as the Pump Boys and Dinettes share their stories of heartache and hilarity with songs, live-instruments, and even a kitchen utensil or two. Limited seats, no refunds.

Games

Hand and Foot Canasta

Mondays at 1:00pm and

Fridays at 5pm • Free

Hand and Foot is a version of Canasta in which each player is dealt two sets of cards, known as the «hand» and the «foot». Hand and Foot is closely related to Pennies From Heaven. If you don't know how to play, they can teach you!

Ladies Monday Night

Bridge Club

Mondays • 6:00pm • Free

Join the ladies of the senior center for a fun evening of bridge!

BINGO

BINGO will now only be on the following dates at **9:00am: May 19th, August 18th, and November 17th**

Party Contract Bridge

Tuesdays • Noon • Free

Contract Bridge took off as an international rage in the 1930s and is considered today by many to be the ultimate card game.

Scrabble Group

Tue • 5:30pm • Free

Do you enjoy word games? Scrabble is a great brain exercise! The scrabble group is always looking for new faces in their group.

Mexican Train

Dominoes

Tuesdays 6pm • Free

often called simply "Trains", is becoming extremely popular and frequently on TV. This easy to learn, international, fast paced game of luck and skill is not the dominoes of our childhood. Join us every Tuesday afternoon at 6:00 for an exciting

fun-filled time with some marvelous BFF's.

Pinochle

Wed at 1:00pm • Free

Pinochle is a trick-taking card game for 4 players played with a special deck. Players score by taking ticks or forming combination of cards into melds.

Rook

Thursdays • 1:00pm • Free

Rook is a challenging trick taking game played with a special deck of cards. Bring a friend for even more fun!

Brain-A-Cise

Thur • 4:00pm-5:00pm

Cost: Free

Your brain needs activity too. Join us for an hour of stimulating activities to make you think and get those brain cells moving.

Party Contract Bridge

Fridays • 9:00am • Free

Contract Bridge took off as an international rage in the 1930s and is considered today by many to be the ultimate card game.

Ace of Clubs Duplicate Bridge

Fridays • 12:30pm • Free

If you enjoy playing bridge, but haven't tried duplicating bridge, come join the fun!

Mahjong

Fridays 1pm

Mahjong is a Chinese game played with sets of tiles. It is a game of skill, strategy and calculation and of course a degree of chance. If you know how to play or would like to learn, come join us!

Lifelong Sports

Senior Billiards

Mon-Fri, 7:30am to 8pm
Cost: Free
Senior men and women are both welcome to play on four new tables. All levels of experience are welcome. Come swim with the senior sharks at the community center. Yearly tournaments held.

Pickleball

Mon, Wed, Fri • 8am-11:30am
Cost: Free
This activity is a modified form of tennis and we play doubles.

Doubles Table Tennis

Mon, Wed, Fri • 9:30am-Noon
Cost: Free
Senior men's and women's doubles table tennis. Keep your brain and body active with table tennis. Yearly tournaments will be held.

Over the Age of 50? Come join the Seniors' Legend Golf Group!

Tee time is at 10:00am on Tuesdays and Thursdays and the cost is a \$5 a round at the par 3 course in Unicoi, TN.

Anyone interested in passing on their athletic skill or expertise? How about teaching a class?
Contact Mike @ 434-6223

White Water Rafting

Nolichucky River
(Recommended for Seniors)
Tuesday, September 8 at 9:15am
Cost: \$34.00 Total
This is a non-refundable fee with the exception of severe weather. The trip will last from 3 to 5 hours. Please Reserve by September 1st.



Keri C. Light, Au.D, CCC-A



Toby N. Johnson, MA, CCC-A



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Healthy Living

Taking Control of Your Chronic Diseases Health Fair

Wed, Sept 2 • 12:30-3:00pm • Cost is free

This health fair is highlighting the chronic diseases of pre diabetes, diabetes, heart problems/ hypertension, arthritis, and osteoporosis. We will have vendors who will share health information about these chronic conditions. We begin in the gym and will be divided into groups who will do different activities. At the end of the day you will have your own Feel Better Action Plan and be eligible for door prizes.

Please sign up for this event by calling 423-434-6237

Taking Control of Your Chronic Disease - Pre-Diabetes

Tuesdays and Thursdays

September 10 - October 8

5:30-6:30pm • Cost: \$8 for the series

If you have been diagnosed with pre-diabetes, we want to help you get control of your glucose levels. The series will kick off with a guest speaker talking about pre-diabetes on the first night. The class will then meet on Tuesday and Thursday for 4 weeks for a total of 8 classes. Each class will include 30 minutes of education on pre-diabetes and 30 minutes of exercise. Please pre-register and pay for the series.

Home Evaluations

with Rachael Ellis, Occupational Therapist, Academic Fieldwork Coordinator of

Occupational Therapy at Milligan College

Monday September 1st from 1:00-2:00pm

A home evaluation is when someone comes to your house and sees what could be a danger or fall risk in your home. They can advise you on how best to be safe in your home. This is a free evaluation and an appointment would be made for a student to come out. This gives the students experience and you have useful information about how to keep safer in your home.

Prediabetes and You

Thursday September 9 from 5:30pm-6:30pm

Bill Gatton School of Pharmacy Students will talk about prediabetes. How can you find out about this condition, is it permanent? Learn what you do to take care of yourself. Come ask questions and get answers for a better, healthier lifestyle. No cost. Please Pre-register.

Aging without Fear Support Group will present: Simplifying Your Life / Downsizing

with Lisa White from Brookdale

Thursday September 17 from 6:00-7:00pm

When is it time to simplify your life by downsizing? Does that mean getting a smaller place to live or getting rid of things you no longer need or getting help inside your home? How do you go about doing any of these things? We will have time to ask questions.

Fall Prevention

with Dr. Timothy Dunn, Chiropractor

Thursday September 24 from 11am to 12pm

September is Fall Prevention Month and we would like to bring this program to help you stay out of trouble. Falls are so dangerous for seniors. Can learn how to avoid falls and stay healthier, too. No cost for program. Preregister by calling 423-434-6237

Fasting Blood Sugar Checks

Every Wednesday • 7:30am - 9:00am

MPCC First Aid Room

For seniors 50+ • Cost: Free

Please do not eat or drink anything for 8 hours before this test. No appointment needed. Test is done with simple finger stick and you get your results immediately.

Blood Pressure Screenings

Monday - Saturday • 8am to 11am

All ages • Cost: Free

Each day at Senior Center you can get your blood pressure checked in two different locations. At the Aquatics Side - volunteer John David Grayson, RN is set up and in the First Aid Room we offer blood pressure checks there, also (Monday-Thursday). You can bring your home machine and we can check it's accuracy. No appointment needed.

Nurse One on One Consults

Monday - Thursdays • Cost: Free

Would you like to talk to a nurse about a health concern? Have you been diagnosed with a new problem and would like to understand it better? Call: 423-434-6235 to schedule an appointment.

Taking Control of your Chronic Diseases Health Fair

September 2, 2015 • 12:30pm-3:00pm

Seniors 50 and older • Cost: Free

This health fair is highlighting the chronic diseases of pre diabetes, diabetes, heart problems/ hypertension, arthritis, and osteoporosis. We will have vendors who will share health information about these chronic conditions. We begin in the gym and will be divided into groups who will do to different activities. At the end of the day you will have your own Feel Better Action Plan and be eligible for door prizes. Please sign up for this event by calling 423-434-6237

Aging without Fear Support Group Meeting

Monthly on the 1st and 3rd Thursdays

6:00pm-7:00pm • Ages: 50+ Cost: Free

Cooking for 1 or 2

with Bonnie Hannah / Aging

without Fear Support Group

September 3, 2015 • 6:00pm - 7:00pm

Ages: 50+ • Cost: Free

Cooking for 1 or 2 people can be hard. We will learn new recipes and get tips on how to cook within your budget.

Walgreens Flu & Pneumonia Clinic

MPCC First Aid Room

September 9, 2015 • 11:00am-12:30pm

Ages: Adults 18+ • Cost: Most insurances are accepted. For those without insurance, there will be a \$25.99 out of pocket cost. Walgreens will file your insurance. Please bring your insurance cards.

Low Vision Class

October 7, 2015 • Time: 11-noon

Ages: Seniors 50+ • Cost: Free

Erica Beach Rehabilitation Teacher for the Blind and Visually Impaired with the State of Tennessee will present this class. Come learn what you can do to help you see better and learn what resources are available for you.

Celebrate Women

A Breast Cancer Awareness Event

October 13th from 6pm - 8pm • Cost: Free

Come join us for a night just for women. Come celebrate being a woman! There will be talks for everything women, from doing self-breast exams, mammograms, to a talk to boost your spirits. We will laugh, learn, celebrate, and eat. There will be fun things to do! Call 423-434-6237 for a seat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	12:30 Taking Control of Your Chronic Disease Health Fair 2	8:00 Hip Hikers 10:00 As the Page Turns 11:30 Beginning Computer 1:00 Papier Mache 2:00 S.A.L.T. Council 6:00 Aging Without Fear, Cooking For 1 or 2 3	8:30 Catch the Wave Series - Circuit and More 4
CLOSED-HOLIDAY 7	9:15 White Water Rafting 1:00 Charcoal Mastery 1:00 Mountain Dulcimer 8	11:00 Walgreens Flu and Pneumonia Clinic 1:00 Beg Computer III 9	10:00 Writer's Circle 11:30 Beginning Computer 12:30 Paper Quilling 1:00 Papier Mache 5:00 Dixie Diners to Cootie Browns 5:30 Taking Control of Your Chronic Disease - Pre-diabetes 10	8:30 Catch the Wave Series Circuit and More 12:30 Word I 2:30 Beg Computer III 6:00 Murder Mystery Caravan 11
10:00 Volunteer Mtg. 10:30 Behold the Bat 1:00 Amateur Photography Club 1:00 Craft Time Seasonal Wreath 14	1:00 Charcoal Mastery 1:00 Mountain Dulcimer 5:30 Taking Control of Your Chronic Disease Pre-diabetes 6:00 Beginning Sign Language 15	16	11:30 Travel Show and Lunch 1:00 Papier Mache 5:30 Taking Control of Your Chronic Disease Pre-diabetes 6:00 Aging Without Fear, Simplifying Your Life / Downsizing 17	8:30 Catch the Wave Series Circuit 11:00 Identity Theft Program Sponsored by Washington County S.A.L.T. Council 12:30 Word II 7:00 Friday Night Dance 18 Saturday September 19 10:00 WVAL
10:00 Second Time Around Series (Grandparent Support Group) 1:00 Photography Basics 1:00 Seasonal Wreath 6:00 Ladies Night Out - Christmas Decorations on a Budget 21	9:00 Dixie Stampede / Wellness Fair 10:00 ETSU/ACLU 1:00 Charcoal Mastery 1:00 Mountain Dulcimer 5:30 Taking Control of Your Chronic Disease Pre-diabetes 6:00 Beginning Sign Language 22	9:00 AARP Drivers Safety Class 10:00 ETSU/ACL 23	8:00 Hip Hikers 9:00 AARP Drivers Safety Class 10:00 Writer's Circle 11:00 Fall Prevention 11:30 Begin Computer 1:00 Papier Mache 5:30 Taking Control of Your Chronic Disease - Pre-diabetes 6:30 Love Your Life with Crystal Honeycutt 24	8:30 Catch the Wave Series Circuit and More 12:30 11 Free Programs for your Computer 1:00 Mobile Devices 6:00 Line Dance Party 25 Saturday September 26 12:45 Appalachian Alpacas Tour
10:30 Travel Round the World (Mercy Ship) 1:00 Seasonal Wreath 28	10:00 ETSU/ACL 1:00 Mountain Dulcimer 1:00 Beginner Computer IV 5:30 Taking Control of Your Chronic Disease Pre-diabetes 6:00 Beginning Sign Language 29	10:00 ETSU / ACL 1:00 Beginner Computer IV 30	<div><p>Home Instead SENIOR CARE® <i>To us, it's personal.™</i></p><p>Home is still the <i>best</i> place to be.</p><p>From a few hours a day to 24 hours, 7 days a week, let our trained, insured, and bonded CAREGivers make the difference between counting the years and living them!</p></div> <div><p>For more information:</p><p>3314 Wayfield Drive Johnson City, TN 423-926-4141</p><p>1009 W. State St., Ste #1C Bristol, VA 276-669-8040</p><p>724D W. Center Street Kingsport, TN 423-247-0116</p><p>1156 B Tusculum Blvd Greeneville, TN 423-638-6375</p></div>	

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Ongoing Events

COMING IN NOVEMBER

Artimus Pyle Band



TICKETS ON SALE NOW!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30am to 8:00pm Billiards Room Fitness Room 8:00 Blood Pressure Screenings 8:00 Pickleball 8:30 Toning 9:30 Table Tennis 9:30 Love Handles 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Congregate Meal Requires pre registration. See details on page 2 12:00 Qi Gong 12:30 Open Art Studio 1:00 High Flyers Bowling @Holiday Lanes 1:00 Musical Voices 1:00 Hand and Foot 3:30 Line Dance with Martha Davenport 5:30 Dandy Line Dancers 6:00 Ladies Monday Night Bridge Club	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Blood Pressure Screenings 8:30 Silver Sneakers® Circuit 9:15 Zumba Zeniors 10:00 Heart Strings Instruments Jam Session 10:00 Open Computer Lab 11:00 Contract Bridge 12:00 Congregate Meal Requires pre registration. See details on page 2 1:00 Silver Sneakers® Yoga 1:00 Needle & Fiber Arts 1:00 Tuesday Trio Bowling @ Holiday Lanes 3:00 Conversational Spanish 4:00 Let's Dance Line Dance 5:30 Scrabble Group 6:00 Mexican Train Dominoes	7:30am to 8:00pm Billiards Room Fitness Room 7:30 Fasting Blood Sugar Clinic 8:00 Blood Pressure Screenings 8:00 Pickleball 8:30 Toning 9:30 Love Handles 9:30 Table Tennis 10:00 Silver Sneakers® Classic 10:00 Bible Study 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:00 Congregate Meal Requires pre registration. See details on page 2 12:30 Acrylics 1:00 Pinochle 5:15 Ballroom Dance Lessons 6:00 Senior Hatha Yoga	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Blood Pressure Screenings 8:00 Men's Bible Study 8:30 Silver Sneakers® Yoga 9:00 Open Computer Lab 9:15 Zumba Zeniors 9:30 German Conversation 10:00 Senior Chorale 12:00 Congregate Meal Requires pre registration. See details on page 2 1:00 Rook 1:00 Golden Strikers @ Holiday Lanes 1:00Ballroom Dancing 4:00 Brain-a-cise	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Blood Pressure Screenings 8:00 Pickleball 9:00 Party Contract Bridge 9:30 Table Tennis 10:00 Silver Sneakers® Circuit 12:00 Congregate Meal Requires pre registration. See details on page 2 12:30 Ace of Clubs Duplicate Bridge 1:00 Mahjong 1:00 Open Craft Time 3:45 Friday Ballroom Dance Lessons

Computers

Open Computer Lab
Tuesdays 10:00am-Noon
Thursdays 9:00am-11:00am

Beginning

Computers III

Instructor: Betty Hall Wed, Sept 9th 1-2:30pm, Fri, Sept 11th 2:30-4:00pm
Cost: \$10.00 Programs and Commands, (copy / paste, etc.) "Help Desk & Problem Support." Must pre-register.

Word I

Instructor: Jim Pohle

Friday, September 11

12:30-2:00pm • Cost: \$8.00

Explore the User Interface, Quick Access Toolbar, Use Ribbons and Tabs, Open/Save/Close a document, Backstage View. Beginner/refresher. Please pre-register to ensure your spot, space limited.

Word II

Instructor: Jim Pohle

Friday, September 18

12:30-2:00pm • Cost: \$8.00

Edit a Document, Select/Replace text, Edit Text, Insert/Delete/Rearrange text, Use CopyCut/Paste options, Proof a Document, Check spelling and grammar, Use/Customize Autocorrect, Enhance meaning using the thesaurus, Utilize Different Document Views. (Intermediate) Please pre-register to ensure your spot, space limited.

11 Free Programs for Your Computer

Instructor: Jim Pohle

Friday September 25th

12:30-2:00pm • Cost: \$8.00

There are a LOT of good free programs out there, we look at 11 of them in 3 Categories.

1. PC Security

(1 program).

2. PC Maintenance

(4 programs).

3. PC Productivity

(6 programs).

Please pre-register to ensure your spot, space limited.

Beginning Computer

Instructor: Amara

Carberry

Thur Sept 3, 10, and 24

11:30am • Cost: \$10.00

In these classes we will learn the basic computer terminology, making sure the student knows how to use the mouse in various ways it is meant to be used. How to surf the internet. The first session will be 2 hours with a break after one hour. Remaining sessions will be 1 ½ hours each. Must pre-register to ensure your spot, space limited.

Mobile Devices

Friday, Sept 25th at 1pm

This is not a class, this is a walk in basis help, ask questions about your smartphone, laptop, ereader and more.

Beginning

Computers IV

Instructor: Betty Hall

Tues, Sept 29th and Wed,

Sept 30th 1:00-2:30pm

Cost: \$10.00 Student's review, Computer Shortcuts. "Help Desk & Problem Support." Must pre-register

One on One Tech Help

If you are interested in getting help with a computer, mobile device, tablet or other please call Amy at 434-6229. We can set you up with any of our instructors. Please include what your area of focus or help you need. Cost: \$15.00, must pre-register.

Volunteers

Ready, Set, Serve... Volunteer!

On a mission to engage adults in Active Life through Active Living

September is...

Sept 7th - Happy Labor Day! Center Closed

September 14th - Monthly Volunteer Meeting

10:00 in the Arts & Crafts Room

- Light refreshments will be served
- See what's upcoming for the Volunteers
- Guest Speaker Lainey Howard with The Salvation Army will be with us
- A fun activity for all to enjoy!

New Volunteer Opportunities! Checkout the bulletin board for up to date information.



Sweet Summer Nights Dance



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Dance & Special Events

Line Dance with Martha Davenport

Mondays at 3:30 p.m.

\$6 per week or Silver Sneakers® discount

This class is for those who have completed Absolute Beginner Line Dance and are ready for more challenging steps and dances. Have fun, challenge your brain and body, and burn some calories.

Advanced Line Dance

(Dandy Line Dancers)

Mondays at 5:30pm

Cost: Pay instructor

This class is for advanced line dancers. The group practices and performs at the Center and in the community.

Let's Dance Line Dance

Tuesdays from 4:00-5:30 p.m.

\$2.00 per session

Instructor: Debbie Bailey

Debbie's mission is to encourage people to enjoy dance, to learn simple dance steps and move to the beat of the music. She has taught classes previously and will provide some instruction. Getting fit while having fun is the goal of this group. All skill levels welcome. Call Kamela 423-434-6233 for more information.

Ballroom Dance Lessons

Wed at 5:15pm • Cost: \$2.00

Learn or polish your Fox Trot, Waltz,

Tango, Cha-Cha and other dance styles.

Beginner to experienced are welcome.

No partner necessary. Free for those with Silver Sneakers

Beginner Ballroom

Dance Lessons

Fri at 3:30 pm • Cost: \$2

Join us to learn basic ballroom dance steps just in time for the Friday night dance.

No partner necessary. Free for those with Silver Sneakers.

Murder Mystery Dinner and Show

September 11 • 6:00pm Doors open

6:30pm Show starts • Cost: \$10

Murder Mystery Caravan Presents:

"In Memorium" by Marlene Remington Inspired by Agatha Christie's "Ten Little Indians", this fast moving murder mystery will send a chill down your spine. The play takes place in the 1950's on isolated Castle Island, one of the Thousand-Islands on the St. Lawrence Seaway in upstate New York. Five people gather for a weekend house party that turns into a nightmare as one person after the other is first accused of being a murderer and then is murdered – each by a different method. The plot thickens with each mysterious death until only two guests remain. Take a stab at whodunit- even Agatha Christie would be surprised at this unique ending!



Sweet Summer Night's dance

Benefits the Melting Pot Ministry

60's Sock Hoppin'

Presented by and Held At

**Munsey Memorial UMC
Christian Life Center Gym**

Friday
September, 11
7-9:30pm

Music By
CATALYST

Cover \$5 & bring a snack

The good ole days are back!

Free Child Care

461-8070 x213

Sign Up By
August, 31
info: eva@munsey.org

Friday Night Dance

Dance from 7-10 pm to a live band. Bring a snack to share during the break; chips/dip, fruit, vegetable tray, crackers/cheese, finger sandwiches, cookies etc. Price is \$5 if registered and paid by noon on the day of the dance \$7 at the door.

For special dances, the ticket price is slightly higher and will be advertised as such. Silver Sneakers discount only applies to those who prepay.

September 18 Jerry Pierce
October 2 Kids Our Age
October 16 Special Event Dance
Sway into Pink Breast Cancer Awareness
Dance featuring Patty Quarles
November 6 Limited Edition
December 4 Jerry Pierce
December 18 Christmas Dance

2015 Line Dance Parties

Martha Davenport will lead the dances and set the tone for a fun evening!

Time: 6:00 p.m.-8:00 p.m.

Cost is \$3 per person

August 28, 2015

September 25, 2015

Enjoy apple pies and other fall treats and dance the night away!

November 13, 2015

Thankful Dance. Bring a canned food to donate to Second Harvest Food Bank to increase your chances of winning some amazing prizes.

December 11, 2015

Bring a savory or sweet dish to share as we celebrate the holidays. Drinks will be provided by the Center.

Arts/Crafts/Performing Arts

Amateur Photography Club

The club meets the first Monday of each month 1-3pm. If you're just starting out, or want to brush up on your skills, take field trips and photos then come and join us!

Photo themes: September: Morning, October: 'Guess what this is?' November: Dead and Gone. September meeting will be Monday, September 14 due to the Labor Day holiday.

Photography Basics

Monday, September 21, 1-3:00pm

F-stops, shutter, ISO, metering...What do they mean and how do they relate to each other? Our own staff member and photographer, Jamie Aiello will be conducting this class. Please register. FREE.

It's Craft Time: Seasonal Wreaths

\$20 for the three class series

Classes meet Mondays Sept 14, 21 and 28 from 1-2:00pm • Instructor: Ann Whitson

Celebrate the season by making a beautiful Wreath decoration for your home or front door. The wreaths will include materials for the changing seasons and / or holiday themes. Please pre-register and pay by September 10 to ensure adequate supplies for each participant. Class size is limited.

Heart Strings

Tuesdays 10:00am-Noon (Performs 9/15)

Bring your instrument and join in this open group, playing a variety of songs including old hymns, bluegrass, country and folk music.

Senior Chorale - Starting back in September. Thursdays at 10:00am

Join this lively group who loves to sing a variety of songs including show tunes and popular songs. This group is led by Cherry Smith and accompanied on piano by Barbara Knisely. The group is open to anyone who is looking for a low stress, less demanding group with which to perform. No audition required.

Charcoal Mastery

Tuesday, September 8, 15 and 22

1:00-3:00pm • Cost: \$30 for the series

Ed Puhr will be teaching the art of Charcoal drawing in this four series class. You will learn the many strokes charcoal can make and the wonderful ways charcoal's fluidity can create dramatic art forms. Tools needed: 9x12 sketch pad, soft and hard charcoal sticks, kneaded and soft eraser, a chamois, rag, tissues and an apron. Please pre-register.

The Ancient Art of Paper Mache

Thursday, September 3, 10, 17 & 24

1:00 - 3:00pm • Cost: \$3.00 for the series

Try the ancient art of Papier Mache. Join JC Mills and TK Story for a fun, stress-reducing workshop. Check out the display of this awesome craft in the glass case in the hallway! Please pre-register.

Needle and Fiber Arts

Tuesdays 1:00-4:00pm • Cost: Free

Instructor: Jane Dresser. A class designed for beginning to advanced levels of fiber arts. Bring any type of fiber project to work on or begin to learn. Enjoy the company of others while you work on your project. Just clean up when you are finished and please don't store items at the Center.

Acrylics

Wednesdays 12:30 pm • Cost: \$10.00

"Art" Holsclaw is back to paint and share. Designed for beginners or experienced painters. Registration deadline is Monday before each class.

Mountain Dulcimer Classes

Tuesdays, September 8 - October 27

1:00 - 2:30pm • \$35.00 for eight sessions

Learn to play the old time mountain Dulcimer with experienced and talented instructor Willis Jones. Please pre-register.

Ladies Night Out

Christmas Decorations on a Budget

Sept 21 from 6:00-7:30pm • Cost: \$15.00

It's never too early to get started on planning and making your Christmas decorations. Learn easy and creative ways to decorate for the holidays. Refreshments served.

Watauga Valley Art League

3rd Saturday of each month

10:30 am - Noon • Cost: Free

The meeting is composed of multifaceted aspiring artists ranging from the amateur stage to the professional stage. There is encouragement and educational opportunities at each meeting. Each month there is a guest who has a special art background. From 10:30 to 11:00 there is a 'critique period' where anyone is welcome to bring in a painting for constructive insights.

Musical Voices

Mondays 1:00pm • Cost: Free

Join this welcoming group if you desire to sing gospel music and share the joy of music at the center and with local nursing homes.

Writer's Circle

2nd & 4th Thursdays at 10:00am • Cost: Free

Join this group to share ideas for writing

better stories and share your own writings for discussion with the group.

Open Craft Time

Fridays, 1:00-4:00pm • Cost: Free

Take advantage of our beautiful creative space! Bring a project and work in the company of other crafters. Just clean up when you are finished and please don't store items at the Center.

Open Art Studio

Mondays, 12:30-3:30 pm • Cost: Free

Take advantage of our beautiful creative space! Bring a project and work in the company of other artists. Just clean up when you are finished and please don't store items at the Center.

Paper Quilling

Thur, Sept 10 from 12:30-2:30pm • Cost: \$3.00

Quilling is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. Quilling starts with rolling a strip of paper into a coil and then pinching the coil into shapes that can be glued together. Quilling is an art that is practiced around the world. Please reserve your spot and pay prior to class to ensure adequate supplies for each participant.

Coming in October:

Art History & Appreciation

Mondays in October from 1:00 - 2:30pm

Cost: Free • Instructor: Ann Whitson

Would you like to indulge yourself in a feast for the eyes and mind and enjoy images of the Western world's glorious heritage of painting, sculpture, architecture? Join us for an exciting journey of discovery in this Art History & Appreciation class!

Fall Photo Contest

Plan on saving your "Best Fall Photos" for the Fall Photo Contest. Entries are due October 21-31. Voting will take place November 2-13. Prizes will be awarded! Please put your name, address and phone on the back of each entry.

Next Step Photography Club

If you have a Basic technical knowledge of your camera and a desire to learn and experience more, understand some of the creative control functions like aperture, shutter speed, composition and how to use some of the manual settings on your camera and ready to delve deeper in to image creation and gain a broader knowledge of photography, then Next Step Photography is for you.

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Fitness FOCUS

Toning
Mondays and Wednesdays 8:30am
Cost: \$2 • Instructor: Sue Pentz. One hour full-body toning with light cardio.

Love Handles
Mondays and Wednesdays 9:30am
Cost: Free • Instructor: Sue Pentz. Thirty minute class focusing on the abdominals.

Silver Sneakers® Classic
Mondays and Wednesdays 10:00am
Cost: \$3 (Free for Silver Sneakers® eligible participants) • Instructor: Deb Fogle
Increase muscular strength, range of movement and activities for daily living.

Tai Chi for Arthritis
Mondays and Wednesdays • 11:00am
Cost: \$3 • Instructor: Tonya Van Hook
Low-impact Tai Chi modified for seniors. Easy on the joints, recommended by the Arthritis Foundation and CDC for arthritis relief and fall prevention, Stretching, body alignment and slow, controlled, mindful movement. Improve your body and your mind.

Qigong
Mondays and Wednesdays • Noon
Cost: \$3 • Instructor: Tonya Van Hook
Moving meditation: Gentle movements that stimulate the meridian system of the body. Class includes warmups, stretching, breath work and learning one of the most popular Qigong forms for health and relaxation. Benefits all chronic conditions. Leave feeling energized and relaxed.

Silver Sneakers® Yoga
Tuesdays 1:00pm • Thursdays 8:30am
Cost \$2 (Free for Silver Sneakers® eligible participants) • Instructor: Judy Jackson
Move your whole body through a complete series of seated and standing yoga poses.

Senior Hatha Yoga
Wednesdays 6:00pm • Cost: \$5
Instructor: Darlene Hatley
Beginner to Intermediate. Learning the most basic Yoga moves with Flow and Hold Yoga moves.

Keep It Moving
A new supervised exercise program for individuals who have finished Cardiac Rehab, Physical Therapy or been told by your physician that you need to exercise but don't know how. This program serves as the next step in your progression in establishing a safe, independent exercise program. This program requires a referral from a medical

professional. This is an ideal program for the individual who is facing total joint replacement both before surgery and after finishing post-surgical physical therapy. Please contact Deb Fogle at 434-6231 for more information.

Check out the new classes starting this month:

Silver Sneakers® Circuit
Tuesdays 8:30am • Fridays 10:00am
Cost: \$3 (Free for Silver Sneakers® eligible participants) • Instructor: Deb Fogle
This class is designed to increase cardiovascular endurance and improve strength. This is a low impact class which offers upper body strengthening. Participant should possess consistent skills in agility, coordination and balance.

Catch the Wave Series - Circuit and More
Fridays in September 8:30am
Cost: \$2 • Instructor: Deb Fogle
This class is designed for circuit, interval and cardiovascular activities using bands, hand-held weights and bodyweight. Improve your strength and cardiovascular functions. Exercises targeting the abdominal area (or love handles) will be included in this class. Class lasts for one hour.

Taking Control of Your Chronic Disease - Pre-Diabetes
Tuesdays and Thursdays
September 10-October 8 • 5:30-6:30pm
Cost: \$8 for the series
If you have been diagnosed with pre-diabetes, we want to help you get control of your glucose levels. The series will kick off with a guest speaker talking about pre-diabetes on the first night. The class will then meet on Tuesday and Thursday for 4 weeks for a total of 8 classes. Each class will include 30 minutes of education on pre-diabetes and 30 minutes of exercise. Please pre-register.

Zumba Zeniors
Tuesdays and Thursdays 9:15am - 10:15am
Cost: \$3 • Instructor: LeAnna Lawson
LeAnna is a licensed Zumba instructor who will provide a low impact Zumba class designed for beginners of all ages and active older adults. Come enjoy this fun way to increase your daily activity.

Silver Sneakers Members - Want a fun way to increase your activity this summer? Then join Deb for the Silver Sneakers Classic® on Mondays and Wednesdays at 10:00am.



Read All Details in Hall Across From Billiards Room

Tuesday, September 1

**Bus Departs Center 9:15am
Return Approx. 2:00pm**

\$3.00

South Holston Dam

There will be two trails to choose from. The Osceola Trail is 1.7 miles and is right on the water! Rated easy. The Spillway Trail is through the woods and is 3.4 miles. Rated moderate. Both offer shade & unique beauty.

Tuesday, September 15

**Bus Departs Center 9:15am
Return Approx. 1:30pm**

\$2.00

Jonesborough Trail

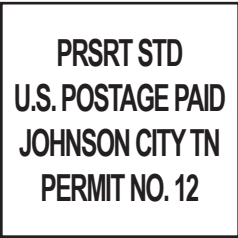
Persimmon Ridge Park offers a nice easy trail which curves in and around the woods. We'll cross a boardwalk, go through a tunnel and then end up in a neighborhood. Learn about birds & mi-gration. Rated easy. Approx. 2 miles. In the shade most of the way.

Senior Center

**Memorial Park Community Center
510 Bert St • Johnson City TN 37601
423-434-6237**

If your address changes, please call us and let us know!

Johnson City Seniors’ Center
at Memorial Park Community Center
510 Bert Street • Johnson City, Tennessee 37601
(423) 434-6237



Hours of Operation:
Senior Services Reception Desk: Mon-Friday 8am-5pm
Memorial Park Community Center: Mon-Sat 7am-9pm

Groups and Meetings

Watauga Valley Art League
3rd Saturday of each month

Musical Voices
Rehearsal Mondays at 1:00pm
Join this welcoming group if you desire to sing gospel music and share the joy of music with local nursing homes.

Grief Support Gatherings
1st and 3rd Tuesdays at 6:30pm at MPCC
Featuring Michael Lester, M.A. Board Certified Grief Counselor

Bible Study Opportunities
Wed at 10:00am • Thur at 8:00am (Breakfast by donation)

Washington County S.A.L.T. Council
Meets the first Thursday of month 2:00pm at MPCC
Seniors and Law Enforcement Together is an organization of senior citizens, law enforcement officers and community groups which meets monthly to address the concerns and solutions for a more senior friendly community. *Everyone Welcome!*

SPECIAL MEETING! Friday, September 18 at 11am
Identity theft is a growing problem and many seniors become victims each year. Once identity thieves have your personal information, they can drain your bank account, run up charges

on your credit cards, open new utility accounts, or get medical treatment on your health insurance. The Washington County SALT Council will present a program on “Identity Theft” at MPCC. Jerry Stout, Regional Advisory with the Tennessee Office of Homeland Security will be the speaker. Light refreshments will be served.

As the Page Turns
Attention All Readers: We are working on the book club and would like your suggestions; looking at new books to read, selections in advance and more.

If you like reading a variety of books and meeting new people, join us the first Thursday of each month at 10am. You are not required to join in the discussion or answer questions if you do not wish to. September: The Sense of an Ending by *Julian Barnes*

Writers Circle
2nd and 4th Thursdays at 10:00am
Join this group to share ideas for writing better stories and share your own writings for discussion with the group.

Medicare Counseling
Need help navigating the world of Medicare? Have questions or concerns? Want to know more about your benefits under Medicare? New to Medicare? Make an appointment and speak one-on-one with a trained volunteer. Call 423-434-6237 to make an appointment September 24, 2-6pm by appointment.